

# DV The Desert Voice

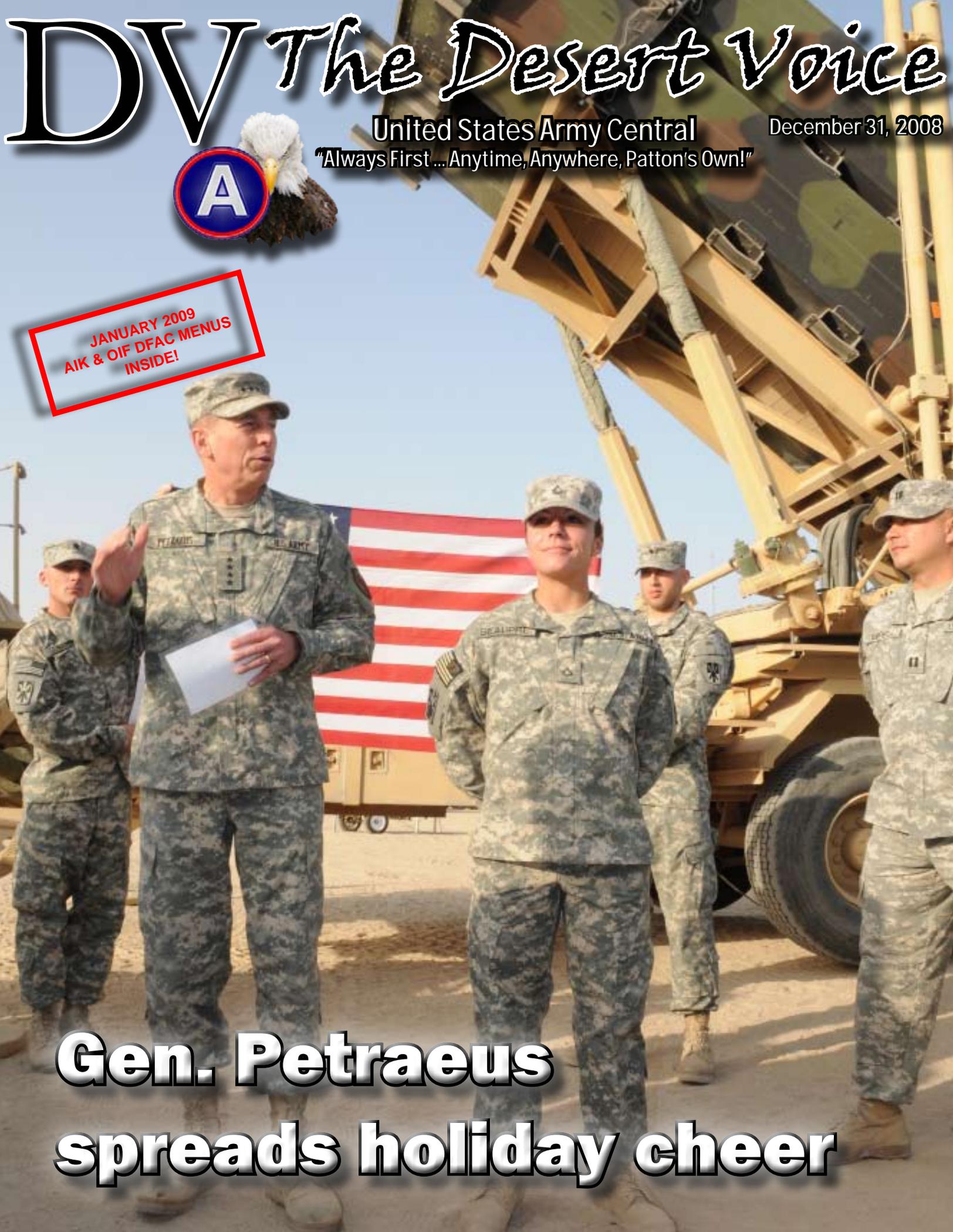
United States Army Central

December 31, 2008

"Always First ... Anytime, Anywhere, Patton's Own!"



JANUARY 2009  
AIK & OIF DFAC MENUS  
INSIDE!



**Gen. Petraeus  
spreads holiday cheer**



# The State of USARCENT

# DV

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*Before reading the oath to Pfc. Casey Beaupre, generator mechanic, 2nd Battalion, 43rd Air Defense Artillery, and Hillman, Mich., native, Gen. David Petraeus, commanding general, U.S. Central Command, goes over the benefits of re-enlisting during his visit to Camp Arifjan, Kuwait, Dec. 24. For the full story, see page 6. (Photo by Sgt. Brooks Fletcher)*

## Contact us

Comments, questions, suggestions story ideas? Call the Desert Voice editor at 430-6334 or e-mail at [desertvoice@arifjan.arcent.army.mil](mailto:desertvoice@arifjan.arcent.army.mil).

The start of the New Year is a time to take stock in the previous year's accomplishments and set goals for the months ahead. We have a great deal to be proud of here in U. S. Army Central and a lot to look forward to as we move into 2009.

The dedicated professionals, that serve our command each day, have been the reason for our many successes. Our Soldiers are executing their tasks with energy and excitement... proudly wearing the USARCENT patch on their left sleeve. Our noncommissioned officer corps has truly been the backbone of the organization. Officers are leading from the front, promoting teamwork, and providing the guidance in our pursuit of excellence. Our Civilians have contributed immensely to our success as they faithfully and loyally take care of Soldiers and Families. Our Family members and volunteer leaders have made critical contributions to our command's well-being and quality of life programs.

This past year brought historic changes in the character of this organization. Patton's Own celebrated 90 years of service by going through a defining period.

Our Command has moved rapidly towards Full-Spectrum Operations capability. We reorganized our main and operational command posts, postured the Early Entry Command Post forward and adapted our battle command processes. After two successful FSO rotations, we are well on our way to JTF certification in 2009.

We have become expeditionary; capable of deploying forward "one ocean closer to the fight" to conduct Full-Spectrum Operations. The Army and U.S. Central Command are now realizing the untapped capabilities that can be leveraged from this



Lt. Gen. Jim Lovelace  
U.S. Army Central, commanding general

powerful headquarters.

While we continue to transform ourselves and prepare for challenging missions, our Family Readiness Groups have remained engaged. **The strength of USARCENT relies significantly on the strength of our Families.**

The volunteer leaders and members of our FRGs constitute

an essential component of our readiness.

We conducted our inaugural Army Family Action Plan Conference as a direct reporting unit to the Department of the Army in 2008. This is a powerful program... an attitude within the organization... that gets to the heart of taking care of people.

I applaud all your efforts, as it has indeed been a combined effort which has made us endlessly successful. Take a moment to revel in the accomplishments of this incredible year... we should all be very proud.

Our command... a command full of exceptionally dedicated professionals... will continue to work hard and maintain a quick pace in 2009. We must take this opportunity to rededicate ourselves to our commitment to **do the mission; protect the force**. Together, we will continue to make USARCENT the premier Army Service Component Command in the United States Army.

As we "ruck up" and prepare to move out on another year, we can confidently say that the state of ARCENT... has never been stronger. We've had an incredibly successful year and it has been on the backs of each of you. The Soldiers, Civilians, and Family Members of our great command are truly making a difference. You all make it a pleasure to come to work each and every day.

Thank you for all you do. 

## Patton's Own!

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Find us online at [www.arcent.army.mil](http://www.arcent.army.mil).

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**DV**  
The  
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# How I Lost 70 pounds in 7 months

## U.S. Army Central New Year success

Looking for tips on making a successful New Year's Resolution to lose weight? Just listen to Spc. Shawna Dilbeck, administration, U.S. Army Central, Camp Arifjan, Kuwait. She has lost a total of 70 pounds in just 7 months.

Dilbeck attributed her weight loss success to controlling her intake and a regular workout routine

"I try not to obsess too much about what I eat. My main focal point is to control my portions and listen to my body and only eat when I am truly hungry," said Dilbeck. "Additionally, I committed myself to only drinking water. I don't drink soda, juice or milk and I've been amazed at how many calories I save just by doing that! Also, I do try to incorporate more veggies in my diet, something I haven't always done."

This has been a key factor in Dilbeck's weight loss success.

"I am a single mom of three boys and sometimes, finding the time to fit in an exercise routine can be a challenge. However, since I've been here, I've been pretty devoted to doing some form of physical activity daily," said Dilbeck.

On most days, she works out at the gym for 60-90 minutes, spending about an hour doing cardio and 30 minutes doing weights and abdominals.

"I try my best not to skip days. My

goal is to maintain my routine or try to find ways to incorporate my routine into my lifestyle when I return home," stresses Dilbeck.

Dilbeck has attributed lifestyle changes as a key to her success.

"The way I think about food and exercise has been my greatest source of behavioral modification," said Dilbeck. "One of the most challenging issues about making the decision to live a healthier lifestyle is accepting the fact that not everyone else is going to be supportive or want to do the same thing. The commitment has to be on an extremely personal level, because if I rely on someone else to motivate me, then I feel like I'm setting myself up for failure. It's not always easy to do the right thing, but the rewards make it worth the effort."

Dilbeck has been seeing Lt. Col. Danny Jaghab, registered dietitian, USARCENT Surgeon's Office.

"He's a great registered dietitian who is very supportive of my goals," added Dilbeck. "Each week I get to see my progress and talk about ways to improve my overall health. I would recommend his services to anyone that wants to set realistic and attainable goals toward that end."

To schedule an appointment with Jaghab, call the Camp Arifjan Troop Medical Clinic at 430-1798. Start your New Year on the right foot. **A**



## General Order 1B: Alcohol Prohibited!

Alcohol in any form or fashion is illegal in Kuwait and by agreement is a prohibited item for all U.S. military and civilian personnel on all U.S. military installations. As a Force Protection measure, the Joint Military Mail Terminal on Camp Arifjan conducts 100 percent x-ray scans of incoming mail and packages.

A person who knowingly deposits for mailing or delivery, or knowingly causes to be delivered by mail, according to the direction thereon, or at any place at which it is directed to be delivered by the person to whom it is addressed, anything that section 3015 of title 39 declares to be non-mailable matter shall be fined under this title, imprisoned not more than 1 year, or both.

A potable beverage is non-mailable if it is of 0.5 percent or more alcoholic content by weight, which is taxable under Chapter 51,

Internal Revenue Service Code. The product may be mailed if it conforms to applicable requirements of the Internal Revenue Service and Food and Drug Administration and is not an alcoholic beverage, poisonous, or flammable.

8 USC 1716B provides criminal penalties for mailing anything non-mailable under 39 USC 3014(b), unless the item is excepted under USPS regulations. 18 USC 1716D provides criminal penalties for mailing anything non-mailable under 39 USC 3015(c).

The range of punishment for these individuals has been debarment from base, loss of position from private companies and UCMJ action. UCMJ action alone has resulted in extended tours of duty, and loss of pay and rank. **A**

# Father and son reunite for the holidays

Article and photo by  
Staff Sgt. Jarod Perkioniemi  
20th Public Affairs Detachment

**B**eing deployed during the holidays can be a difficult time for servicemembers as they adjust to time away from Family.

For one father stationed at Camp Arifjan, Kuwait, the holidays this year meant a reunion with his son who is deployed in Iraq.

Staff Sgt. Mitchell Howell, G6, U.S. Army Central, who is serving his first deployment, was able to spend the holidays with his only child, 1st Lt. Jason Howell, 4th Sustainment Brigade, who is also serving on his first deployment.

When Mitchell arrived in Kuwait, he began talking with his command about the possibility of spending time with his son who was already deployed to Iraq.

“I had heard stories of Family members being able to reunite during the holidays, even though they were both deployed,” said Mitchell.

So Mitchell quickly went to work figuring out what necessary steps needed to be taken to ensure he spent time with his son. In the end, Mitchell found out that the process wasn’t as hard as he’d expected.

“I spoke to my sergeant major, who then coordinated [everything] with his sergeant major,” explained Mitchell.

The two reunited early Christmas morning, after the 4th SB command coordinated for Jason to travel to Kuwait for three days to see his father.

“It was easier for him to come down here, than for me to train up and take all the [required] classes to go forward,” added Mitchell.

“It was tough,” said Jason describing the process. “I did a full shift before traveling, so I’ve been up for awhile, but I finally made it.”

Both Mitchell and Jason were very outspoken in their appreciation of the support they received from both commands for making the reunion possible.

“I really appreciate all the support from both sides of the command,” said Mitchell with a smile on his face.

After personally thanking both commands, Jason took a three hour nap before the two went out for the day around Camp Arifjan. Their activities included time shopping at the Post Exchange, relaxing at Starbucks, calling the Family back home and watching a DVD to relax before staying



Staff Sgt. Mitchell Howell, U.S. Army Central, walks with his son, 1st Lt. Jason Howell, 4th Sustainment Brigade, after the two were reunited at Camp Arifjan, Kuwait, for the holidays, Dec. 25.

awake till 1 a.m. talking.

For dinner, they ate their Christmas meal at the oriental restaurant.

“It reminded us of the *Christmas Story* movie only without the singing,” joked Mitchell.

The next day, they said goodbye as Jason departed to rejoin his unit.

Spending time at the holidays away from family is not something new to the Howell Family. Mitchell has already spent holidays alone while stationed in Germany. The Howell Family also has a number of other Family members that have served in the Army, to include, Mitchells’ father, brother and nephew.

Mitchell attributes the Family tradition of serving as one of the main reasons Jason decided to join the Army.

Jason took a different route in his Army career, deciding that he wanted to attend Reserve Officer Training Course and become a commissioned officer.

“He graduated Marion Military Institute, in Alabama,” explained Mitchell. “I was fortunate enough to be there and be the first one he saluted.”

Mitchell, who has been in country for two months, knows that it could be a long time before he sees Jason again, but also knows that moments like this are things that will stick with him forever.

“Having only one child, a son, especially with him being over here, it makes you appreciate everything more,” explained Mitchell. **A**

# General commissions daughter from afar

Article and photo by  
Sgt. Nathan Hutchison  
1st TSC Public Affairs Office

What would make a big decision like joining the Army a little easier? Maybe if dad was there.

Alicia Bunch's father, Brig. Gen. Harold G. Bunch, deputy commanding general, 1st Sustainment Command (Theater), made sure he was a part of his daughter's commissioning Dec. 10, even if he was in Kuwait.

"This is my fourth deployment since [my daughter] was born," said Harold. "I missed her graduation because I was over here commanding a brigade in 2004, and I missed her college graduation this year because I was over here, so it was gratifying to be able to do the commissioning."

This may have been a proud moment for Harold, his wife, Lauren, and daughter, but not necessarily a surprise.

"I have spent my whole life around the military," said Alicia. "My father, brother, grandparents, cousin and great

uncles all served in the military."

Alicia followed in her father's footsteps in one other way. Her father was commissioned the same day 32 years earlier.

"It was good to be able to commission her on the same day," Harold said. "I'm sure my service had something to do with her decision to join."

"I believe it takes a certain type of person to be a Soldier in the Army, and I know I am that type of person," said Alicia

Alicia agrees her father's career had something to do with her choice to become an officer, but joining the military takes more than mere appreciation for the job.

"The military has been a big part of my life for my entire life," said Alicia. "I would spend many weekends at his reserve unit observing what he did."

Alicia feels that it was more than just a Family tradition that called her into the service.

"I believe I was born with the desire and will to serve our country," explained Alicia.

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**"I believe it takes a certain type of person to be a Soldier in the Army, and I know I am that type of person."**

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2nd Lt. Alicia Bunch  
Bridgewater College  
Bridgewater, Va.

Alicia joined the Army Reserves, though her father thinks she one day will switch to active duty.

"I think, just knowing her, she'll end up going active duty once she finishes her training and degress," said Harold.

Along with her desire to serve, Alicia has a plan for her service that could potentially surpass her father's.

"It is my intent that my military career and continued education will lead me to becoming a nurse practitioner or a nurse anesthiologist," said Alicia. "I wish to obtain one of these degrees and continue with my military career as long as I am physically able to." 



Brig. Gen. Harold G. Bunch, deputy commanding general, 1st Sustainment Command (Theater), swears in daughter, Alicia Bunch, as a 2nd Lt. over video teleconference at Camp Arifjan, Kuwait, Dec. 10.

# CENTCOM commander vis



**Gen. David H. Petraeus, commanding general, U.S. Central Command, addresses servicemembers at the Zone 6 Dining Facility at Camp Arifjan, Kuwait, Dec. 24. Following Camp Arifjan, Petraeus continued his holiday visits to other countries in the Middle East.**

Article and photos by  
Sgt. Brooks Fletcher  
20th Public Affairs Detachment

**U.S.** Central Command's Commanding General, Gen. David H. Petraeus, got up-close and personal with servicemembers during his visit to Camp Arifjan, Kuwait, Dec. 24.

"The purpose of this visit is to see how the troops are doing, talk to commanders and senior NCOs, and put a finger on the pulse of the operation, exercise and security assistant activities," said Petraeus.

Petraeus, who has been in command of CENTCOM since Oct. 31, "put his hands in his pockets and relaxed" as he stopped over to various units around the Camp Arifjan.

He met with servicemembers, whom he noted for having a key role in building an architectural command and control structure, with key links in ballistic missile defense and security assistant activities.

"USARCENT plays a critical role across the entire area of responsibility in providing the key-enabling functions in Iraq and Afghanistan and other countries where we have significant and



**Petraeus addresses Sailors at the Expeditionary sizeable activity,"** said Petraeus.

The CENTCOM commander began his visit by meeting with the air defenders of 2nd Battalion, 43rd Air Defense Artillery, who he commended for being a ready and capable battalion.

Two Soldiers were given the unique opportunity of being re-enlisted and promoted by Petraeus.

The general referred to re-enlisting Pfc. Casey Beaupre, generator mechanic and Hillman, Mich., native, and promoting Spc. Richard Jones, early warning systems operator and Gastonia, N.C., native, to sergeant, as a "great privilege."

"I want to thank you for the privilege to promote and re-enlist you the day before Christmas in front of your peers and leadership," said Petraeus. "Promoting people who deserve it helps the Army get better one great Soldier at a time."

Petraeus then proceeded to the 335th Signal Command, where Commander, Brig. Gen. James T. Walton and company explained the mission elements and content of their operations across the AOR.

Pfc. Robert Miller, satellite communications operator, 160th Signal Battalion and San Angelo, Texas native,



**Pfc. Robert Miller, satellite communications operator, 160th Signal Battalion and San Angelo, Texas, native, explains operational procedures to Petraeus during his visit to the 335th Signal Command.**

# January 2009 Menu

**MON. 05 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• BEEF W/ VEGETABLE SOUP	• BEEF W/ VEGETABLE SOUP
• HONEY GINGER CHICKEN	• BAKED SALMON
• ZESTY MEAT LOAF	• HONEY GLAZED HAM
• ISLANDER'S RICE	• ORANGE RICE
• MASHED POTATOES	• FRIED RICE
• CALICO CABBAGE	• FRIED POTATOES
• LIMA BEANS	• SEASONED GREEN BEANS
• BROWN GRAVY	• STEWED TOMATO CORN
• CHEF'S SALAD	• BROWN GRAVY
• COTTAGE CHEESE AND PINEAPPLE SALAD	• CHEF'S SALAD
• HOT ROLLS	• COTTAGE CHEESE AND PINEAPPLE SALAD
	• HOT ROLLS

**BBQ BAR**

**TUE. 06 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• MEXICAN ONION CORN SOUP	• MEXICAN ONION CORN SOUP
• CHICKEN FAJITAS	• BRAISED LAYER W/ ONIONS
• BEEF & BEAN BURRITOS	• SHRIMP SCRAMBLE
• CHEESE ENCHILADAS	• FRIED RICE
• SPANISH RICE	• MASHED POTATOES
• SEASONED SWEET CORN	• MACIENDA CORN & BLACK BEANS
• ENCHILADAS SAUCE	• GRILLED ZUCCHINI
• POTILLA BREAD	• BROWN GRAVY
• THREE BEAN SALAD	• POTATO SALAD
• DINNER ROLLS	• DINNER ROLLS

**MEXICAN LUNCH** **PASTA BAR**

**WED. 07 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• EGG DROP SOUP	• EGG DROP SOUP
• BRAISED BRATWURST	• GRILLED STEAK
• TURKEY ALA KING	• BAKED LOBSTER W/ CHEESE
• ROSEMARY POTATO WEDGES	• FRIED SHRIMP
• SEZEWAN SPICY NOODLES	• TOSSED GREEN RICE
• CORN O'BRIEN	• BAKED POTATOES
• ENCLUB SPINACH	• SWEET PEAS
• TURKEY GRAVY	• STEAMED BROCCOLI
• TOSSED CALICO GARDEN SALAD	• SAUTERED ONIONS & MUSHROOM
• WALDORF SALAD	• BUTTER SAUCE
• DINNER ROLLS	• TOSSED CALICO GARDEN SALAD
	• WALDORF SALAD
	• DINNER ROLLS

**STEAK & LOBSTER NIGHT** **CHINESE BAR**

**THU. 08 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• TOMATO NOODLE SOUP	• TOMATO NOODLE SOUP
• BBQ RIBS	• BAKED STUFFED FISH
• SOUTHERN FRIED CHICKEN	• BEEF CHOW STEW
• CHEESE MACARONI	• STEAMED RICE
• CANDIED YAMS	• MASHED POTATOES
• SOUTHERN STYLE GREENS	• CAULIFLOWER AU GRATIN
• PARSLEY BUTTERED CARROTS	• GLAZED CARROTS
• CORN BREAD	• BROWN GRAVY
• ZESTY ROTINI PASTA SALAD	• ZESTY ROTINI PASTA SALAD
• FRUIT COCKTAIL GELATIN	• FRUIT COCKTAIL GELATIN
• DINNER ROLLS	• DINNER ROLLS

**SOUL FOOD**

**TUE. 13 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• MEXICAN ONION CORN SOUP	• MEXICAN ONION CORN SOUP
• MEXICAN JACK CASHEROLE	• NEW ENGLAND BOILED DINNER
• CHICKEN & BEAN BURRITOS	• BREADED FRIED FISH
• CHEESE ENCHILADAS	• FRIED RICE
• SPANISH RICE	• LYONNAISE POTATOES
• REFRIGERATED CORN	• STEAMED CABBAGE
• ENCHILADAS SAUCE	• SEASONED BEANS
• TORTILLA BREAD	• BROWN GRAVY
• MIXED FRUIT SALAD	• CHEF'S SALAD
• DINNER ROLLS	• MIXED FRUIT SALAD
	• HOT ROLLS

**MEXICAN LUNCH**

**WED. 14 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• EGG DROP SOUP	• EGG DROP SOUP
• SHRIMP JAMBALAYA	• GRILLED STEAK
• GINGER POT ROAST	• STEAMED CRAB LEGS
• MASHED POTATOES	• FRIED SCALLOPS
• CAULIFLOWER AU GRATIN	• TOSSED GREEN RICE
• GLAZED CARROTS	• BAKED POTATOES
• BROWN GRAVY	• SAUTERED ONIONS & MUSHROOM
• JELLIED CRANBERRY & ORANGE SALAD	• BUTTER SAUCE
• HOT ROLLS	• NATURAL PAN GRAVY
	• POTATO SALAD
	• JELLIED CRANBERRY & ORANGE SALAD
	• HOT ROLLS

**STEAK & GRAB NIGHT**

**THURS. 15 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CHICKEN W/ RICE SOUP	• CHICKEN W/ RICE SOUP
• BBQ CHICKEN	• BAKED STUFFED PORK CHOP
• SOUTHERN FRIED CAT FISH	• CHICKEN POT PIE W/ BISCUIT
• CHEESE MACARONI	• STEAMED RICE
• CANDIED YAMS	• SOUTHERN GREEN BEANS
• SOUTHERN STYLE GREENS	• STEAMED SWEET CORN
• CORN ON THE COB	• BUTTERED SWEET CORN
• CORN BREAD	• BROWN GRAVY
• HUSH PUPPIES	• CREAMY CUCUMBER SALAD
• CREAMY CUCUMBER SALAD	• SPINACH & APPLE SALAD
• SPINACH & APPLE SALAD	• DINNER ROLLS
• DINNER ROLLS	

**SOUL FOOD**

**FRI. 16 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CHICKEN CORN CHOWDER SOUP	• CHICKEN CORN CHOWDER SOUP
• BAKED LASAGNA	• LEMON BAKED TROUT
• CHICKEN FARMERIAN	• PEPPER STEAK
• ITALIAN ROASTED POTATOES	• MASHED POTATO RICE PILAF
• ASPARAGUS	• SEASONED BROWN BEANS
• CORN O' BRIEN	• SEASONED BUTTER BEANS
• CHICKEN GRAVY	• BROWN GRAVY
• GARLIC TOAST	• SALSA PASTA SALAD
• SALSA PASTA SALAD	• SPINACH & APPLE SALAD
• SPINACH & APPLE SALAD	• HOT ROLLS
• HOT ROLLS	

**INDIAN LUNCH**

**WED. 21 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• EGG DROP SOUP	• EGG DROP SOUP
• BEEF STEW	• GRILLED STEAK
• BAKED TAMPON	• STEAMED CRAB LEGS
• CHICKEN	• FRIED SCALLOPS
• STEAMED RICE	• TOSSED GREEN RICE
• BUTTERED MASHED POTATOES	• BAKED POTATOES
• CREAMY STYLE CORN	• SWEET PEAS
• SAVORY BAKED BEANS	• STEAMED BROCCOLI
• BROWN GRAVY	• SAUTERED ONIONS & MUSHROOMS
• VEGETABLE SLAW	• BUTTER SAUCE
• W/ CREAMY DRESSING	• NATURAL PAN GRAVY
• JELLIED PEAR SALAD	• VEGETABLE SLAW W/ CREAMY DRESSING
• DINNER ROLLS	• JELLIED PEAR SALAD
	• DINNER ROLLS

**STEAK & GRAB NIGHT**

**THURS. 22 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CHICKEN W/ RICE SOUP	• CHICKEN W/ RICE SOUP
• BBQ CHICKEN	• VEAL PAPRIKA STEAK
• SOUTHERN FRIED CAT FISH	• CHICKEN TETRAZINI
• CHEESE MACARONI	• STEAMED RICE
• CANDIED YAMS	• SEASONED GREEN BEANS
• SOUTHERN STYLE GREENS	• CALICO CABBAGE
• PARSLEY BUTTERED CARROTS	• BROWN GRAVY
• HUSH PUPPIES	• MACARONI SALAD
• POTATO SALAD	• FRUIT COCKTAIL
• SPRING SALAD	• JELLIED SALAD
• DINNER ROLLS	• DINNER ROLLS

**SOUL FOOD**

**FRI. 23 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• BUTTY SPILT PEA SOUP	• BUTTY SPILT PEA SOUP
• INDONESIAN STYLE BEEF & NOODLES	• HUNGARIAN GONLASH
• HERBED BAKED CHICKEN	• CHILI & LYONNAISE
• PARSLEY POTATO	• POTATOES
• ORIENTAL STIR FRY CABBAGE	• SEASONED CARROTS
• FRENCH STYLE CUT GREEN BEANS	• BUTTERED WAX BEANS
• CHICKEN GRAVY	• BROWN GRAVY
• FRIJOLES SALAD	• FRIJOLES SALAD
• MARINATE BLACK BEAN SALAD	• MARINATE BLACK BEAN SALAD
• DINNER ROLL	• DINNER ROLL

**TACO BAR**

**SAT. 24 JANUARY 2008**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• NAVY BEAN SOUP	• NAVY BEAN SOUP
• HUNGARIAN GONLASH	• MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL TONGUES)
• TEMPURA FISH	• STEAMED RICE
• BUTTERED EGG NOODLES	• EGG ROLLS
• PAPRIKA MASHED POTATO	• SEZEWAN SPICY NOODLES
• SEASONED GREEN BEANS	• TERIYAKI SAUCE
• CALICO CABBAGE	• MACARONI SALAD
• BROWN GRAVY	• FRUIT COCKTAIL
• GARDEN COTTAGE CHEESE SALAD	• JELLIED SALAD
• CUCUMBER & ONION SALAD	• DINNER ROLLS
• DINNER ROLLS	

**MONGOLIAN BBQ**

**THURS. 29 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CHICKEN W/ RICE SOUP	• CHICKEN W/ RICE SOUP
• BBQ CHICKEN	• BAKED LASAGNA
• SOUTHERN FRIED CAT FISH	• POLISH STEAK W/ SAUTERED ONIONS & GREEN PEPPER
• CHEESE MACARONI	• LYONNAISE RICE
• CANDIED YAMS	• CALICO BEANS & CARROTS
• SOUTHERN STYLE GREENS	• STEWED TOMATOES
• PARSLEY BUTTERED CARROTS	• GARLIC BREAD
• HUSH PUPPIES	• ZESTY ROTINI PASTA SALAD
• ZESTY ROTINI PASTA SALAD	• COTTAGE CHEESE & TOMATO SALAD
• COTTAGE CHEESE & TOMATO SALAD	• DINNER ROLLS
• DINNER ROLLS	

**SOUL FOOD**

**FRI 30 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CREAM OF POTATO SOUP	• CREAM OF POTATO SOUP
• CHICKEN BEANON SAUER	• SCALLOPED HAM & POTATOES
• SHRIMP MALAY CURRY	• YANKEE POT ROAST
• CHICKEN BIRYANI	• TOSSED GREEN RICE
• STEAMED RICE	• MASHED POTATOES
• VENDI BHAI (VEGETABLE (OKRA)	• SWEET PEAS
• GORI MASALA (CAULIFLOWER)	• SEASONED CORN
• MEXICAN POTATO SALAD	• BROWN GRAVY
• MEXICAN POTATO SALAD	• MEXICAN POTATO SALAD
• PICKLED GREEN BEAN SALAD	• PICKLED GREEN BEAN SALAD
• NATURAL PAN GRAVY	• DINNER ROLLS
• DINNER ROLLS	

**INDIAN LUNCH**

**SAT 31 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• KNICKERBOCKER SOUP	• MONGOLIAN BBQ (CHICKEN, BEEF & SHRIMP W/ ALL TONGUES)
• BBQ ROAST PORK	• STEAMED RICE
• PEPPER STEAK	• EGG DROP SOUP
• MASHED POTATO	• SEZEWAN SPICY NOODLES
• RICE PILAF	• TERIYAKI SAUCE
• SEASONED MIXED VEGETABLE	• CREAMY CUCUMBER RICE SALAD
• SEASONED BUTTER BEANS	• APPLE, CELERY, & PINEAPPLE SALAD
• BROWN GRAVY	• HOT ROLL
• CREAMY CUCUMBER RICE SALAD	
• APPLE, CELERY, & PINEAPPLE SALAD	
• HOT ROLL	

**MONGOLIAN BBQ** **BBQ BAR**

# OIF Dining Facility J

January 1, 2009

- |                              |                          |
|------------------------------|--------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>           |
| •Chicken Noodle Soup         | •Chicken Noodle Soup     |
| •Cracker                     | •Crackers                |
| •Baked Salmon                | •Beef Prime Rib          |
| •Grilled Pork Chops          | •Chicken Cordon Bleu     |
| •Oven Glow Potatoes          | •Garlic Roasted Potatoes |
| •Noodles                     | •Rice Pilaf              |
| •Jefferson                   | •Steamed Peas            |
| •Stewed Tomatoes             | •Seasoned Corn           |
| •California Blend Vegetables | •Turkey Gravy            |
| •Onion Gravy                 | •Cranberry Sauce         |
| •Apple Sauce                 |                          |
| •Lemon Wedges                |                          |
| •Tartar Sauce                |                          |

January 2, 2009

- |                          |                         |
|--------------------------|-------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>          |
| •Cream of Mushroom Soup  | •Cream of Mushroom Soup |
| •Crackers                | •Crackers               |
| •Pork Adobo              | •BBQ Beef Brisket       |
| •Salisbury steak         | •Rotisserie Chicken     |
| •Mashed Potatoes         | •Red Beans Rice         |
| •Seasoned Peas & Carrots | •Spicy Potato Wedges    |
| •Black-Eyed Peas         | •Seasoned Carrots       |
| •Brown Gravy             | •Herbed Broccoli        |
|                          | •Chicken Gravy          |

January 3, 2009

- |                            |                                     |
|----------------------------|-------------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>                      |
| •Vegetarian Vegetable Soup | •Bean & Bacon Soup                  |
| •Crackers                  | •Crackers                           |
| •Crab Cakes                | •Sweet & Sour Pork                  |
| •Cornish Hen               | •Turkey Cutlets (Baked and Breaded) |
| •Cheese Tortellini         | •Baked Potatoes                     |
| •Rice Pilaf                | •Steamed Rice                       |
| •Calico Corn               | •Steamed Broccoli                   |
| •Seasoned Green Beans      | •Succotash                          |
| •Parmesan Cheese           | •Sour Cream                         |
| •Corn Bread                |                                     |

January 4, 2009

- |                             |                              |
|-----------------------------|------------------------------|
| <b>Lunch:</b>               | <b>Dinner:</b>               |
| •Tomato Soup                | •Vegetarian Vegetable Soup   |
| •Crackers                   | •Cracker                     |
| •Roast Beef                 | •Spaghetti w/ Meat Sauce     |
| •Italian Style Veal         | •Fried/Baked/Blackened Trout |
| •Mashed Potatoes            | •Macaroni & Cheese           |
| •Seasoned Egg Noodles       | •Oven Brown Potatoes         |
| •Steamed Peas               | •Corn on the Cob             |
| •Fried Cabbage              | •Seasoned Carrots            |
| •Brown Gravy                | •Collard Greens              |
| •Sautéed Mushrooms & Onions | •Brown Gravy                 |
|                             | •Parmesan Cheese             |

January 9, 2009

- |                            |                            |
|----------------------------|----------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>             |
| •Bean w/w Bacon Soup       | •Vegetarian Vegetable Soup |
| •Nachos                    | •Salisbury Steak           |
| •Beef Fajitas              | •Rotisserie Chicken        |
| •Enchiladas                | •Mashed Potatoes           |
| •Chicken Fajitas           | •Seasoned Noodles          |
| •Burritos                  | •Green Beans               |
| •Taco Bar                  | •Seasoned Carrots          |
| •Chicken Quesadilla        | •Chicken Gravy             |
| •Oven Browned Potatoes     |                            |
| •Spanish Rice              |                            |
| •Seasoned Mixed Vegetables |                            |
| •Pinto Beans               |                            |
| •Refried Beans             |                            |
| •Enchilada Sauce           |                            |

January 10, 2009

- |                              |                         |
|------------------------------|-------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>          |
| •Vegetarian Vegetable Soup   | •Bean w/ Bacon Soup     |
| •Crackers                    | •Crackers               |
| •Trout Fried & Baked         | •Yakisoba               |
| •Beef Pot Roast              | •Hamburger w/ Spaghetti |
| •Mashed Potatoes             | •Grilled Pork Chops     |
| •Fried Rice                  | •Cheese Tortellini      |
| •California Blend Vegetables | •Spicy Potato Wedges    |
| •Calico Corn                 | •Seasoned Catiflower    |
| •Brown Gravy                 | •Turnip Green           |
| •Lemon Wedges                | •Brown Gravy            |
| •Tartar Sauce                |                         |

January 11, 2009

- |                      |                      |
|----------------------|----------------------|
| <b>Lunch:</b>        | <b>Dinner:</b>       |
| •Chicken Noodle Soup | •Chicken Noodle Soup |
| •Crackers            | •Crackers            |
| •Roasted Pork Roast  | •Cornish Hens        |
| •Chili Mac           | •Mashed Potatoes     |
| •Oven Brown Potatoes | •Rice Pilaf          |
| •Corn on Cob         | •Herbed Broccoli     |
| •Peas and Carrots    | •Succotash           |
| •Brown Gravy         | •Brown Gravy         |
| •Applesauce          |                      |
| •Gonbread            |                      |

January 12, 2009

- |                              |   |
|------------------------------|---|
| <b>Lunch:</b>                | <b>Dinner:</b>                              |
| •Tomato Soup                 | •Tomato Soup                                |
| •Crackers                    | •Cracker                                    |
| •Swiss steak w/ Tomato Sauce | •Pulled Pork BBQ & Buffalo Shredded Chicken |
| •Baked/Fried Pollock         | •Turkey Cutlet, Chicken Fried and Baked     |
| •Macaroni and Cheese         | •Steamed Rice                               |
| •Deville Oven Fries          | •O'Brien Potatoes                           |
| •Seasoned Green Beans        | •Peas w/ Mushrooms                          |
| •Glazed Carrots              | •Seasoned Corn                              |
| •Brown Gravy                 | •Turkey Gravy                               |
| •Tartar Sauce                |   |
| •Lemon Wedges                |   |

January 17, 2009

- |                               |   |
|-------------------------------|---|
| <b>Lunch:</b>                 | <b>Dinner:</b>                                      |
| •Chicken Noodle Soup          | •Cream of Mushroom Soup                             |
| •Crackers                     | •Crackers   |
| •Roast Turkey                 | •Breaded Pork Chops                                 |
| •BBQ Ribs                     | •Mongolian BBQ-Shrimp, Chicken, Beef, Pork Stir Fry |
| •Savoury Bread Dressing (Mix) | •Fried/Steamed Rice                                 |
| •Mashed Potatoes              | •Garlic Mashed Potatoes                             |
| •Seasoned Mixed Vegetables    | •California Blend Vegetables                        |
| •Collard Greens               | •Fried Cabbage                                      |
| •Turkey Gravy                 | •Brown Gravy  |
| •Cranberry Sauce              | •Applesauce   |
| •Rice Pilaf                   |   |
| •Candied Yams                 |   |
| •Biscuits                     |   |

January 18, 2009

- |                              |                           |
|------------------------------|---------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>            |
| •Cream of Mushroom Soup      | •Chicken Noodle Soup      |
| •Crackers                    | •Crackers                 |
| •Chili Con Carne             | •Crab Cakes w/ Condiments |
| •Trout Baked & Fried         | •Prime Ribs               |
| •Steamed Rice                | •Mashed Potatoes          |
| •Seasoned Noodles            | •Steamed Rice             |
| •Hacienda Corn & Black Beans | •Spring Blend Vegetables  |
| •Fried Cauliflower           | •Pinto Beans              |
| •Brown Gravy                 | •Brown Gravy              |
| •Tartar Sauce                | •Horseradish              |
| •Lemon Wedges                | •Lemon Wedges             |
| •Seafood Cocktail Sauce      |                           |

January 19, 2009

- |                         |                          |
|-------------------------|--------------------------|
| <b>Lunch:</b>           | <b>Dinner:</b>           |
| •Cream of Broccoli Soup | •Cream of Broccoli Soup  |
| •Crackers               | •Crackers                |
| •Braised Beef Cubes     | •Salisbury Steak         |
| •Rotisserie Chicken     | •BBQ Style Ribslets      |
| •Mashed Potatoes        | •Spicy Potato Wedges     |
| •Seasoned Noodles       | •Baked Macaroni & Cheese |
| •Red Beans & Rice       | •Seasoned Peas           |
| •Turnip Greens          | •Seasoned Succotash      |
| •Black-Eyed Peas        | •Beef Gravy              |
| •Chicken Gravy          |                          |
| •Cornbread              |                          |

January 20, 2009

- |                         |                        |
|-------------------------|------------------------|
| <b>Lunch:</b>           | <b>Dinner:</b>         |
| •Chicken w/ Rice Soup   | •Chicken w/ Rice Soup  |
| •Crackers               | •Crackers              |
| •Spaghetti w/ Meatballs | •Breaded/Baked Catfish |
| •Roast Pork Loin        | •Pork Chop Suey        |
| •Steamed Rice           | •Oven Brown Potatoes   |
| •Grilled Potato Cakes   | •Steamed Rice          |
| •Seasoned Corn          | •Seasoned Carrots      |
| •Seasoned Green Beans   | •Cauliflower Au Gratin |
| •Brown Gravy            | •Brown Gravy           |
| •Parmesan Cheese        |                        |
| •Garlic Bread           |                        |
| •Applesauce             |                        |

January 25, 2009

- |                       |                         |
|-----------------------|-------------------------|
| <b>Lunch:</b>         | <b>Dinner:</b>          |
| •Chicken w/ Rice Soup | •Chicken w/ Rice Soup   |
| •Crackers             | •Crackers               |
| •Beef Stroganoff      | •Spaghetti w/ Meatballs |
| •Grilled Ham Steak    | •Pork Ribs & Sauerkraut |
| •Seasoned Noodles     | •Mashed Potatoes        |
| •Deville Oven Fries   | •Brown Gravy            |
| •Stewed Tomatoes      | •Herbed Broccoli        |
| •Seasoned Green Peas  | •Mixed Vegetables       |

January 26, 2009

- |                           |                              |
|---------------------------|------------------------------|
| <b>Lunch:</b>             | <b>Dinner:</b>               |
| •Cream of Broccoli Soup   | •Cream of Broccoli Soup      |
| •Crackers                 | •Crackers                    |
| •Fried & Baked Chicken    | •Beef Pot Roast              |
| •Prime Rib w/Au Jus Sauce | •Gen. Tso Chicken            |
| •Mashed Potatoes          | •Chicken & Broccoli          |
| •Orange Rice              | •Vegetable Lo Mein           |
| •Chicken Gravy            | •Shrimp Lo Mein              |
| •Green Beans              | •Steamed Rice                |
| •Combo                    | •Parsley Seasoned Potatoes   |
| •Mexican Corn             | •Fried Cauliflower           |
|                           | •Beets in Orange-Lemon Sauce |

January 27, 2009

- |                               |                            |
|-------------------------------|----------------------------|
| <b>Lunch:</b>                 | <b>Dinner:</b>             |
| •New England Clam Soup        | •New England Clam Soup     |
| •Crackers                     | •Crackers                  |
| •Chili Macaroni               | •Roast Turkey              |
| •Baked Salmon                 | •Stuffed Green Peppers     |
| •Aztec Rice                   | •Rissole Potatoes          |
| •Mashed Potatoes              | •Italian-Style Baked Beans |
| •Brown Gravy                  | •Seasoned Carrot Slices    |
| •South of the Border Broccoli | •Bread Dressing            |
| •Peas w/ Onions               | •Mashed Potatoes           |
| •Lemon Slice                  | •Turkey Gravy              |
|                               | •Cranberry Sauce           |

January 28, 2009

- |                              |                      |
|------------------------------|----------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>       |
| •Chicken Noodle Soup         | •Chicken Noodle Soup |
| •Crackers                    | •Crackers            |
| •Veal Parmesan               | •T-Bone Steak        |
| •Roast Pork                  | •Crab Legs           |
| •Steamed Rice                | •Breaded Shrimp      |
| •Cheese Tortellini           | •Baked Potatoes      |
| •Fried Cabbage               | •Pasta Provincial    |
| •Hacienda Corn & Black Beans | •Corn on the Cob     |
|                              | •Green Beans Creole  |
|                              | •Sour Cream          |

\*Menu Subject To Change

# January 2009 Menu

January 5, 2009

- |                       |                         |
|-----------------------|-------------------------|
| <b>Lunch:</b>         | <b>Dinner:</b>          |
| •Chicken w/ Rice Soup | •Cream w/ Broccoli Soup |
| •Crackers             | •Crackers               |
| •BBQ Ribs             | •Pork Roast             |
| •Fried/Baked Chicken  | •Braised Beef & Noodles |
| •Mashed Potatoes      | •Potatoes Au Gratin     |
| •Cheese Tortellini    | •Rice Pilaf             |
| •Black Eyed Peas      | •Harvard Beets          |
| •Collard Greens       | •Seasoned Cauliflower   |
| •Chicken Gravy        | •Mushroom Gravy         |
| •Crab Salad           | •Applesauce             |
| •Cornbread            |                         |

January 6, 2009

- |                         |                          |
|-------------------------|--------------------------|
| <b>Lunch:</b>           | <b>Dinner:</b>           |
| •Cream w/ Broccoli Soup | •Cream of Broccoli Soup  |
| •Crackers               | •Crackers                |
| •Baked/Fried Pollock    | •Jambalaya               |
| •Swiss Steak w/ M&O     | •Meat Loaf               |
| •O'Brien Potatoes       | •Jambalaya Seasoned Rice |
| •Steamed Rice           | •Mashed Potatoes         |
| •Oriental Stir Fry      | •Seasoned Corn           |
| •Steamed Broccoli       | •Seasoned Tomatoes       |
| •Mushroom Gravy         | •Brown Gravy             |
| •Apple Sauce            | •Tartar Sauce            |
|                         |                          |

January 7, 2009

- |                          |                             |
|--------------------------|-----------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>              |
| •New England Clam Soup   | •New England Clam Soup      |
| •Crackers                | •T-Bone Steak               |
| •Baked Ham               | •Breaded/Baked Catfish      |
| •Steamed Rice            | •Onions & Mushrooms         |
| •Scalloped Potatoes      | •Baked Potato w/ Sour Cream |
| •Glazed Carrots          | •Seasoned Green Beans       |
| •Spring Blend Vegetables | •Corn on the Cob            |
| •Cheese Biscuits         | •Brown Gravy                |
| •Pineapple Sauce         | •Crab Salad                 |
|                          | •Lemon Wedges, Tartar Sauce |

January 8, 2009

- |                            |                               |
|----------------------------|-------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>                |
| •Cream of Mushroom Soup    | •Cream of Mushroom Soup       |
| •Crackers                  | •Crackers                     |
| •Roast Turkey              | •Fried & Lemon Baked Pollock  |
| •Prime Ribs                | •Lasagna/ Spinach             |
| •Mashed Potatoes           | •Lasagna/Egg Plant Parmesan   |
| •Sweet Potatoes            | •Garlic Roasted Potatoes      |
| •Steamed Broccoli          | •Steamed Rice                 |
| •Seasoned Mixed Vegetables | •Seasoned Succotash           |
| •Seasoned Dressing         | •Turkey Gravy                 |
| •Turkey Gravy              | •Au Jus                       |
| •Crab Salad                | •Cranberry Sauce              |
| •Hot Rolls                 | •Harvard Beets                |
|                            | •Onion Gravy, Parmesan Cheese |

January 13, 2009

- |                         |  |
|-------------------------|--|
| <b>Lunch:</b>           | <b>Dinner:</b>                               |
| •Cream of Broccoli Soup | •Cream of Broccoli Soup                      |
| •Crackers               | •Crackers                                    |
| •Roast Turkey           | •Breaded Pork Chops                          |
| •Seafood Newburg        | •Lasagna /Spinach Lasagna/ Eggplant Parmesan |
| •Mashed Potatoes        | •Garlic Bread                                |
| •Bread Dressing         | •Steamed Rice                                |
| •Seasoned Green Peas    | •Mashed Potatoes                             |
| •Corn O'Brien           | •O'Brien Potatoes                            |
| •Mushroom Gravy         | •Herbed Broccoli                             |
| •O'Brien Potatoes       | •California Blend Vegetable                  |
| •Cranberry Sauce        |  |
| •Candied Yams           |  |

January 14, 2009

- |                          |                               |
|--------------------------|-------------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>                |
| •Cream of Broccoli Soup  | •New England Clam Soup        |
| •Crackers                | •Crackers                     |
| •Egg Rolls               | •Ribeye Steak                 |
| •Gen. Tso Chicken        | •Lobster                      |
| •Chicken & Broccoli      | •Breaded Shrimp               |
| •Vegetable Lo Mein       | •Crab Bites                   |
| •Shrimp Lo Mein          | •Onion & Mushrooms            |
| •Asian Style Riblets     | •Rice Pilaf                   |
| •Spicy Potato Wedges     | •Baked Potatoes w/ Sour Cream |
| •Steamed/Fried Rice      | •Seasoned Green Beans         |
| •Oriental Stir Fry       | •Corn on the Cob              |
| •Seasoned Mix Vegetables | •Brown Gravy                  |

January 15, 2009

- |                          |                          |
|--------------------------|--------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>           |
| •Bean w/ Bacon Soup      | •Bean w/ Bacon Soup      |
| •Crackers                | •Crackers                |
| •Ham Pit Baked           | •Texas Style Corned Beef |
| •Swedish Meatballs       | •Fried/Baked Pollock     |
| •Seasoned Egg Noodles    | •Baked Macaroni & Cheese |
| •Garlic Roasted Potatoes | •Steamed Rice            |
| •Spring Blend Vegetables | •Succotash               |
| •Gauliflower Au Gratin   | •Vegetable Medley        |
| •Brown Gravy             | •Tartar Sauce            |
| •Applesauce              | •Lemon Wedges            |
| •Corned Bread            | •Seafood Cocktail Sauce  |
|                          | •Cheese Biscuit          |
|                          | •Brown Gravy             |

January 16, 2009

- |                            |                             |
|----------------------------|-----------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>              |
| •Vegetarian Vegetable Soup | •Vegetarian Vegetable Soup  |
| •Crackers                  | •Crackers                   |
| •Tuna Noodle Casserole     | •Ham Baked Chicken          |
| •Chicken Fried Steak       | •Fried/Baked Chicken        |
| •Cream Country Gravy       | •Jambalaya                  |
| •Steamed Rice              | •Seasoned Rice              |
| •Seasoned Carrots          | •Baked Potato w/ Sour Cream |
| •Seasoned Broccoli         | •Seasoned Green Beans       |
| •Mushroom Gravy            | •Oriental Stir Fry          |
|                            | •Brown Gravy                |

January 21, 2009

- |                           |                             |
|---------------------------|-----------------------------|
| <b>Lunch:</b>             | <b>Dinner:</b>              |
| •Chicken Noodle Soup      | •Chicken Noodle Soup        |
| •Crackers                 | •Cracker                    |
| •Jagerschnitzel           | •T-Bone Steak               |
| •Meatloaf (Beef & Turkey) | •Breaded Shrimp             |
| •Mashed Potatoes          | •Onion & Mushrooms          |
| •Noodle Parmesan          | •Red Beans & Rice           |
| •Black-eyed Peas          | •Baked Potato w/ Sour Cream |
| •Broccoli                 | •Seasoned Green Beans       |
| •Cauliflower Medley       | •Corn on the Cob            |
| •Mushroom Gravy           | •Crab Salad                 |
|                           | •Lemon Wedges, Tartar Sauce |
|                           | •Seafood Cocktail Sauce     |

January 22, 2009

- |                              |                            |
|------------------------------|----------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>             |
| •Cream of Mushroom Soup      | •Cream of Mushroom Soup    |
| •Crackers                    | •Crackers                  |
| •Ground Beef                 | •Nachos                    |
| •Yakisoba w/ spaghetti       | •Beef Fajitas              |
| •Rotisserie Chicken          | •Enchiladas                |
| •Oven Browned Potatoes       | •Chicken Fajitas           |
| •Georgia Rice                | •Burritos                  |
| •California Blend Vegetables | •Taco Bar                  |
| •Succotash                   | •Chicken Quesadilla        |
| •Brown Gravy                 | •Oven Browned Potatoes     |
|                              | •Mexican Rice              |
|                              | •Seasoned Mixed Vegetables |
|                              | •Pinto Beans               |
|                              | •Refried Beans             |

January 23, 2009

- |                            |                             |
|----------------------------|-----------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>              |
| •Vegetarian Vegetable Soup | •Bean and Bacon Soup        |
| •Crackers                  | •Crackers                   |
| •Chicken Cordon Bleu       | •BBQ Beef Brisket           |
| •Creole Macaroni           | •Breaded Pork Chops         |
| •Baked Macaroni & Cheese   | •Mashed Potatoes            |
| •Mashed Potatoes           | •Jefferson Noodles          |
| •Collard Greens            | •Brown Gravy                |
| •Calico Corn               | •Broccoli Combo             |
| •Brown Gravy               | •Orange Carrot Almandine    |
|                            | •Sautéed Mushrooms & Onions |

January 24, 2009

- |                            |                              |
|----------------------------|------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>               |
| •Tomato Soup               | •Vegetarian Vegetable Soup   |
| •Crackers                  | •Crackers                    |
| •Honey Glazed Cornish Hens | •Oriental Peppers            |
| •Roast Beef                | •Steak                       |
| •Baked Potato              | •Breaded Scallops            |
| •Mashed Sweet Potatoes     | •Macaroni & Cheese           |
| •Honey Dijon Vegetables    | •Steamed Rice                |
| •Cauliflower Parmesan      | •Brown Gravy                 |
| •Sour Cream                | •Japanese Vegetable Stir Fry |
| •Horseradish Sauce         | •Peas w/ Onions              |

January 29, 2009

- |                              |                          |
|------------------------------|--------------------------|
| <b>Lunch:</b>                | <b>Dinner:</b>           |
| •Chicken Noodle Soup         | •Chicken Noodle Soup     |
| •Cracker                     | •Crackers                |
| •Baked Salmon                | •Beef Prime Rib          |
| •Grilled Pork Chops          | •Chicken Cordon Bleu     |
| •Oven Glow Potatoes          | •Garlic Roasted Potatoes |
| •Noodles                     | •Rice Pilaf              |
| •Jefferson                   | •Steamed Peas            |
| •Stewed Tomatoes             | •Seasoned Corn           |
| •California Blend Vegetables | •Turkey Gravy            |
| •Onion Gravy                 | •Cranberry Sauce         |
| •Apple Sauce                 |                          |
| •Lemon Wedges                |                          |
| •Tartar Sauce                |                          |

January 30, 2009

- |                          |                         |
|--------------------------|-------------------------|
| <b>Lunch:</b>            | <b>Dinner:</b>          |
| •Cream of Mushroom Soup  | •Cream of Mushroom Soup |
| •Crackers                | •Crackers               |
| •Pork Adobo              | •BBQ Beef Brisket       |
| •Salisbury steak         | •Rotisserie Chicken     |
| •Steamed Rice            | •Red Beans              |
| •Mashed Potatoes         | •Red Beans Rice         |
| •Seasoned Peas & Carrots | •Spicy Potato Wedges    |
| •Black-Eyed Peas         | •Seasoned Carrots       |
| •Brown Gravy             | •Herbed Broccoli        |
|                          | •Chicken Gravy          |

January 31, 2009

- |                            |                                     |
|----------------------------|-------------------------------------|
| <b>Lunch:</b>              | <b>Dinner:</b>                      |
| •Vegetarian Vegetable Soup | •Bean & Bacon Soup                  |
| •Crackers                  | •Crackers                           |
| •Crab Cakes                | •Sweet & Sour Pork                  |
| •Cornish Hen               | •Turkey Cutlets (Baked and Breaded) |
| •Cheese Tortellini         | •Baked Potatoes                     |
| •Rice Pilaf                | •Steamed Rice                       |
| •Calico Corn               | •Steamed Broccoli                   |
| •Seasoned Green Beans      | •Succotash                          |
| •Parmesan Cheese           | •Sour Cream                         |
| •Corn Bread                |                                     |

## Specialty Meals

**Monday:** Pasta Bar

**Tuesday:** Taco Bar

**Wednesday:** Potato Bar & Steak Night

**Thursday:** Fajita Bar

**Friday:** Pasta Bar & Mongolian BBQ Night

**Saturday:** Chinese Bar

**Sunday:** Soul Food Night

# AIK Dining Facility

**THURS. 01 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CHICKEN W/RICE	• CHICKEN W/RICE
• SOUP	• BAKED LASAGNA
• BBQ CHICKEN	• POLISH SAUSAGE W/ SAUTÉED ONIONS & GREEN PEPPER
• SOUTHERN FRIED CAT FISH	• CHEESE MACARONI
• CHEESE MACARONI	• LYONNAISE RICE
• CANDIED YAMS	• SEASONED PEAS & CARROTS
• SOUTHERN STYLE GREENS	• STEWED TOMATOES
• PARSLEY BUTTERED CARROTS	• GARLIC BREAD
• HUSH PUPPIES	• GERMAN COLE SLAW
• GERMAN COLE SLAW	• PICKLED GREEN BEAN SALAD
• PICKLED GREEN BEAN SALAD	• DINNER ROLLS
• DINNER ROLLS	

**SOUL FOOD**

**HAPPY NEW YEAR**

**FRI. 02 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CREAM OF POTATO SOUP	• CREAM OF POTATO SOUP
• CHICKEN BEARON BAHAR	• SCALLOPED HAM & POTATOES
• SHRIMP MALAY CURRY	• YANKEE POT ROAST
• CHICKEN BIRYANI	• TOSSED GREEN RICE
• STEAMED RICE	• MASHED POTATOES
• VINDI BHAJI (VEGETABLE/OKRA)	• SWEET PEAS
• GONI MASALA (CAULIFLOWER)	• SEASONED CORN
• ITALIAN STYLE PASTA SALAD	• BROWN GRAVY
• MARGINATED BLACK BEAN SALAD	• ITALIAN STYLE PASTA SALAD
• DINNER ROLLS	• MARINATED BUCK BEAN SALAD
	• NATURAL PAN GRAVY
	• DINNER ROLLS

**INDIAN LUNCH**

**SAT 03 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• BEEF VEGETABLE SOUP	• MONGOLIAN BBQ (CHICKEN, BEEF & SHRIMP W/ ALL FIXINGS)
• BBQ ROAST PORK	• STAMED RICE
• PEPPER STEAK	• EGG ROLLS
• MASHED POTATO	• EGG DROP SOUP
• RICE PILAF	• VEGETABLE SPROUTS
• SEASONED MIXED VEGETABLE	• SEASONED BUTTER BEANS
• SEASONED BUTTER BEANS	• TERIYAKI SAUCE
• BROWN GRAVY	• CUCUMBER ONION SALAD
• CUCUMBER ONION SALAD	• JELLIED PEAR SALAD
• JELLIED PEAR SALAD	• DINNER ROLL
• HOT ROLL	

**MONGOLIAN BBQ**

**SUN. 04 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CREAM OF BROCCOLI SOUP	• CREAM OF BROCCOLI SOUP
• GRILLED CHICKEN BREASTS	• BRAISED PORK RIBS
• HERBED BAKED FISH	• ROAST TURKEY
• WILD RICE	• ROASTED POTATO WEDGES
• DUCKIES POTATOES	• BUTTERED NOODLES
• SEASONED PEAS & CARROTS	• CORN O'BRIEN
• OKRA & TOMATO GUNBO	• CLUB SPINACH
• CHICKEN GRAVY	• TURKEY GRAVY
• MACARONI SALAD	• MACARONI SALAD
• COUNTRY STYLE TOMATO SALAD	• COUNTRY STYLE TOMATO SALAD
• HOT ROLL	• HOT ROLL

**VEGGIE BAR**

**FRI. 09 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• DOUBLY GOOD CHICKEN SOUP	• DOUBLY GOOD CHICKEN SOUP
• CHICKEN CROWDIN	• CHOCOLATE PORK CHOPS
• SAVORY LAMB ROAST	• LEMON BAKED FISH
• ISLANDER RICE	• PAPRIKA BUTTERED POTATOES
• MASHED POTATO	• BUTTERED SPINACH
• MIXED VEGETABLES	• SPINACH NOODLES
• GINGER GLAZED CARROTS	• RATATOUILLE
• BROWN GRAVY	• BUTTERED CAULIFLOWER
• MEXICAN COLE SLAW	• VEGETABLE GRAVY
• BROCCOLI SALAD	• MEXICAN COLE SLAW
• HOT ROLL	• BROCCOLI SALAD
	• HOT ROLL

**TACO BAR**

**SAT. 10 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• VEGETABLE WITH BEEF SOUP	• MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)
• BEEF POT PIE W/ BISCUIT	• STEAMED RICE
• HONEY GINGER CHICKEN	• EGG ROLLS
• STEAMED RICE	• EGG DROP SOUP
• OVEN GLO POTATOES	• SEICHWAN SPICY NOODLES
• GRILLED ZUCCHINI	• TERIYAKI SAUCE
• SEASONED SUCCOTASH	• MACARONI SALAD
• CHICKEN GRAVY	• CUCUMBER ONION SALAD
• MACARONI SALAD	• DINNER ROLLS
• CUCUMBER ONION SALAD	
• DINNER ROLLS	

**MONGOLIAN BBQ**

**SUN. 11 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• MINESTRONE SOUP	• MINESTRONE SOUP
• BAKED FISH W/ GARLIC BUTTER	• TURKEY RIBS
• SPAGHETTI W/ MEAT SAUCE	• HAM & PORK ROAST
• OVEN GLO POTATOES	• OLEO RICE
• ITALIAN STYLE BAKED BEANS	• VEGETABLE STIR FRY
• HOT SPICED BEETS	• SEASONED BRUSSELS SPROUTS
• GARLIC BREAD	• TURKEY GRAVY
• GERMAN TOMATO SALAD	• GERMAN TOMATO SALAD
• SPRING SALAD	• SPRING SALAD
• HOT ROLL	• HOT ROLL

**VEGGIE BAR**

**MON. 12 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• VELVET CORN SOUP	• VELVET CORN SOUP
• BBQ PORK LOIN	• HAMBURGER
• CHICKEN POT PIE	• TACO BAR
• MEDITERRANEAN BROWN RICE	• GRILLED ITALIAN SHRIMP W/ PEPPERS & ONION
• O'BRIEN POTATOES	• EGG FRIED RICE
• GINGER GLAZED BABY CARROTS	• POTATO CAKES
• CUT GREEN BEANS	• PEAS & MUSHROOMS
• CHICKEN GRAVY	• MIXED VEGETABLES
• PASTA SALAD	• BROWN GRAVY
• KIDNEY BEAN SALAD	• KIDNEY BEAN SALAD
• HOT ROLL	• HOT ROLL

**BBQ BAR**

**SAT. 17 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• SHRIMP GUNBO SOUP	• SHRIMP GUNBO SOUP
• TOMATO MEAT LOAF	• MONGOLIAN BBQ (CHICKEN, BEEF, & SHRIMP W/ ALL FIXINGS)
• FORK CHOPS W/ STEAMED RICE	• STEAMED RICE
• MASHED POTATOES	• EGG ROLLS
• LAYONNAISE CARROTS	• SEICHWAN SPICY NOODLES
• SWEET PEAS W/ MUSHROOMS	• TERIYAKI SAUCE
• BROWN GRAVY	• COLE SLAW
• COLE SLAW	• PICKLED GREEN BEAN SALAD
• PICKLED GREEN BEAN SALAD	• HOT ROLLS
• DINNER ROLLS	• DINNER ROLLS

**MONGOLIAN BBQ**

**SUN. 18 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• MID WESTERN TOMATO SOUP	• MID WESTERN TOMATO SOUP
• CANTONESE SPARE RIBS	• LEMON BAKED TROUT
• FRIED CHICKEN	• CORN QUINADOR
• VEG FRIED RICE	• ORANGE RICE
• MASHED POTATOES	• SCALLOPED POTATOES
• BROCCOLI COMBO	• ROASTED GREEN BEANS
• CHICKEN GRAVY	• STEWED TOMATOES
• ZESTY ROTINI PASTA SALAD	• ZESTY ROTINI PASTA SALAD
• CARROT, CELERY, & APPLE SALAD	• CARROT, CELERY, & APPLE SALAD
• HOT ROLLS	• CHICKEN GRAVY
	• HOT ROLLS

**VEGGIE BAR**

**MON. 19 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CREAMED CARROT SOUP	• CREAMED CARROT SOUP
• BEEF STROGANOFF	• KNOCKWURST W/ LAUBERHAUT
• CHICKEN CURRY	• VEAL PARMESAN
• WHITE RICE	• CHICKEN RICE
• BUTTERED NOODLES	• FRANCOISIA POTATOES
• SEASONED FRENCH BEANS	• PATATOUILLE
• SEASONED SLICE CARROTS	• SEASONED CORN
• BROWN GRAVY	• BROWN GRAVY
• MARGINATED CARROT SALAD	• MARINATED CARROT SALAD
• CUCUMBER & ONION SALAD	• CUCUMBER & ONION SALAD
• HOT ROLLS	• HOT ROLLS

**BBQ BAR**

**TUE. 20 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• MEXICAN ONION CORN SOUP	• MEXICAN ONION CORN SOUP
• BEEF FAJITAS	• BAKED LIVER W/ ONIONS
• CHICKEN & BEAN BURRITOS	• SHRIMP SCAMPI
• CHEESE ENCHILADAS	• STECAC
• SPANISH RICE	• MASHED POTATOES
• REFRIED BEANS	• MACHINDA CORN & BLACK BEANS
• SEASONED SWEET CORN	• GRILLED SPINACH
• ENCHILADAS SAUCE	• BROWN GRAVY
• TORTILLA BREAD	• MACARONI SALAD
• MACARONI SALAD	• COUNTRY STYLE TOMATO SALAD
• COUNTRY STYLE TOMATO SALAD	• DINNER ROLLS
• DINNER ROLLS	• DINNER ROLLS

**MEXICAN LUNCH**

**SUN. 25 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• NEW ENGLAND CLAM CROWDER	• NEW ENGLAND CLAM CROWDER
• CHICKEN CACCIAOTORE	• TAMALE PIE
• SAUTERBRATEN	• CHICKEN CORNED BEEF
• FRIED RICE	• CORNED RICE
• SCALLOPED POTATOES	• ROASTED POTATOES
• PEAS & ONIONS	• FRENCH FRIED OKRA
• CAULIFLOWER W/ CHEESE SAUCE	• SEASONED GREEN BEANS
• BROWN GRAVY	• BROWN GRAVY
• ITALIAN STYLE PASTA SALAD	• ITALIAN STYLE PASTA SALAD
• MIXED FRUIT SALAD	• MIXED FRUIT SALAD
• DINNER ROLLS	• DINNER ROLLS

**VEGGIE BAR**

**MON. 26 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• CHICKEN NOODLES SOUP	• CHICKEN NOODLES SOUP
• SPICY ITALIAN FORK CHOPS	• BAKED HAM STEAK
• CHICKEN ALFREDO	• SPAGHETTI W/ MEAT BALL
• BUTTERED LINGUINI	• ROASTED PEPPER POTATOES
• STEAMED RICE	• CLUB SPINACH
• ITALIAN STYLE BAKED BEANS	• SEASONED GREEN BEANS
• SEASONED MIXED VEGETABLES	• CHICKEN GRAVY
• ZESTY ROTINI PASTA SALAD	• ZESTY ROTINI PASTA SALAD
• COTTAGE CHEESE & TOMATO SALAD	• COTTAGE CHEESE & TOMATO SALAD
• DINNER ROLLS	• DINNER ROLLS

**BBQ BAR**

**TUES. 27 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• MEXICAN ONION CORN SOUP	• MEXICAN ONION CORN SOUP
• MEXICAN JACQUE CASSEROLE	• TUNA TERRAZINI
• CHICKEN & BEAN BURRITOS	• JAMICAN RUM CHICKEN
• CHEESE ENCHILADAS	• GARLIC CHEESE POTATOES
• SPANISH RICE	• SEASONED
• REFRIED BEANS	• BROCCOLI
• SEASONED SWEET CORN	• GINGER GLAZED CARROTS
• ENCHILADAS SAUCE	• BROWN GRAVY
• TORTILLA BREAD	• DINNER ROLLS
• MACARONI SALAD	• MACARONI SALAD
• FRUIT COCKTAIL	• FRUIT COCKTAIL
• GELATIN	• GELATIN
• DINNER ROLLS	• DINNER ROLLS

**MEXICAN LUNCH**

**WED. 28 JANUARY 2009**

<b>LUNCH</b>	<b>DINNER</b>
• CRACKERS	• CRACKERS
• EGG DROP SOUP	• EGG DROP SOUP
• BRAISED BRATWURST	• BAKED LOBSTER W/ CHEESE
• TURKEY ALA KING	• FRIED SHRIMPS
• WEDGES	• TOSSED GREEN RICE
• SEICHWAN SPICY NOODLES	• BAKED POTATOES
• CORN O'BRIEN	• SWEET PEAS
• CLUB SPINACH	• STEAMED BROCCOLI
• SEASONED GREEN BEANS	• SAUTÉED ONIONS & MUSHROOM
• TURKEY GRAVY	• BUTTER SAUCE
• PINEAPPLE MARSHMALLOW COLE SLAW	• NATURAL PAN GRAVY
• TOSSED CALICO GARDEN SALAD	• PINEAPPLE MARSHMALLOW COLE SLAW
• DINNER ROLLS	• DINNER ROLLS

**STEAK & LOBSTER STEAK & LOBSTER NIGHT**

# its Camp Arifjan



**Medical Facility-Kuwait.**

gave the general a thorough overview of his units ability to monitor outages and provide the command with critical information reports.

“I am always eager to hear from the experts,” said an impressed Petraeus. “We truly are nothing without the command and control of the communication systems, linked together, to make accomplish the mission.”

In preparation for his arrival, Navy Corpsmen and women were in mass, breaking out into applause upon the CENTCOM commander’s arrival to the Expeditionary Medical Facility-Kuwait, where he thanked everyone for their service to their service.

“A servicemembers can be the changing factor in a person’s life, they have an enormous, intrinsic worth,” said a proud Petraeus. “They can be the decisive person in a particular team at any particular time.”

The CENTCOM commander ended his tour by visiting servicemembers in the Warrior Return Unit and addressing troops at the Zone 6 dining facility.

“My message to you tonight is, thank you, thanks to each and every Soldier, Sailor, Airmen, Marine, Coastguardsmen and civilian serving our nation,” said Petraeus.

“I would ask you to pass on my



**Marine Lance Cpl. Drew Crossland, a Columbus, Kan., native, and Lt. Cmdr. Doran Kelvington, chaplain, EMFK, pose for a photo with Petraeus during his visit to the Warrior Return Unit. Crossland is assigned to India Company, 3rd Battalion, 7th Marine Regiment, and is currently recovering in the WRU after a gun shot wound to the arm.**

thanks to your loved ones, from who each of you is separated, especially during this time of year, it is important,” added Petraeus. “So when you wish them a Merry Christmas or Happy New year please tell them,

from general Petraeus, how much I appreciate the sacrifice they are making and how much every American appreciates it.” **A**

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**“A servicemember can be the changing factor in a person’s life, they have an enormous, intrinsic worth.”**

Gen. David H. Petraeus  
Commanding General  
U.S. Central Command



**Petraeus talks with servicemembers during dinner at the Zone 6 dining facility.**

# Religious communities gather for holidays



*Chaplain (Lt. Col.) Philip Chandler, a Blanchard, Okla., resident, delivers the sermon at a Christmas Eve service held at Camp Arifjan, Kuwait. Blanchard, a member of the 45th Fires Brigade, led a service for Soldiers stationed at the base, as well as for those passing through, including Gen. David Petraeus, commander of all U.S. forces in the Middle East.*

Article and photo by  
Sgt. Tracy Ellingsen  
311th SC Public Affairs Office

**N**o matter your religion or denomination, the Unit Ministry Teams around Kuwait made it easy for servicemembers to celebrate this holiday season.

“I think that Christmas time at Arifjan was a very meaningful time because of all of the opportunities available,” said Chaplain (Lt. Col.) Milton Herring, command chaplain for the 311th Sustainment Command (Expeditionary). “And for servicemembers who aren’t religious, they got into the holidays with parties and cookouts.”

A week of spiritual opportunities began on Dec. 21 with the first night of Hanukkah. Dozens of servicemembers gathered in the Zone 6 chapel annex to light the menorah and take part in Jewish traditions.

Because of donations sent in care packages, there were enough menorahs for each person in attendance to light their own. In addition to the traditional lighting of the candles, customary foods were also served including latkes (potato pancakes) and apple sauce. Every evening for the next seven days, another candle was lit on the Menorah.

The celebrations of Christmas began with a service at the Zone 6 Chapel on Christmas Eve.

Chaplain (Maj.) Yo Sup Lee, 4th Sustainment Brigade, began the service with a prayer. The 150 attendees, including U.S. Central Command’s Commander General, Gen. David H. Petraeus, watched a video presentation of the Christmas story and sang traditional Christian hymns and carols. At the end of the service the lights were dimmed and Pfc. Sarah Downey, a haplain’s assistant with the 6th

Transportation Battalion, walked down the center aisle and lit candles held by members of the congregation. Though the lights were still off, the tent was illuminated with the tiny flames representing the light of Christ.

Across post at the Zone 1 Chapel, the Christmas Eve services continued with a traditional Protestant service followed by a Catholic Midnight Mass.

The Mass was presided over by the Bishop to Kuwait, Camillo Ballin, and provided an opportunity for deployed servicemembers to participate in the same customs they would do at home.

“It’s kind of nice for Catholics because of the traditional services that we have that are the same throughout the world,” said Chaplain (Col.) Philip Hill. “I love being here and keeping the Christmas religious spirit here.”

On Christmas day, the celebrations continued with another Mass, a protestant service and a Christmas observance by the Gospel service.

“At the Gospel service we observed the singing of traditional Christmas Hymns,” said Herring. “We also had singing, dancing and skits.”

At a time when commanders were trying to make sure troops got time off to participate in Holiday observances, there was once group who were working overtime making sure the services went off without any problems.

Chaplains throughout Kuwait, and their assistants, kept busy this holiday season taking care of the spiritual needs of the force; everything from ironing altar linens and handing out programs to running sound systems and dropping the Bishop off after midnight mass.

“After 40 years it’s still fun,” said Father Hill. “You serve people first and yourself second.” <sup>A</sup>

# Agility warehouse provides holiday meals

Article and photo by  
Sgt. Nathan Hutchison  
1st TSC Public Affairs Office

While those deployed may not be able to spend the holidays with their families, their military family will embrace them with their own holiday cheer.

Deployed troops are greeted with extravagant feasts, along with the accompanying festivities during the holidays, with spreads that would make the most sizable holiday family dinner pale in comparison.

"It's a big process," said Lenny Petruccelli, vice president, Agility Defense and Government Services. "In August we started sending alerts to the dining facility managers to start ordering for the holidays."

Agility is contracted to supply food to the bases in Kuwait and Iraq year round. Dining facilities go all out to make the troops' holidays as enjoyable as possible, therefore Agility made preparations in advance to accommodate their needs.

"Agility is an integral part in supplying food to the troops," said Chief Warrant Officer Raymond A. Patrick, 1st Sustainment Command (Theater), Command Food Advisor. "They store all the food for Kuwait and Iraq, plus they truck the supplies to the bases."

Defense Supply Center Philadelphia, the Defense Logistics Agency division that contracts Agility's services, supplied dining facilities overseas with millions of dollars worth of food, including more than 370,000 pounds of turkey and nearly 180,000 individual pies during Thanksgiving alone.

"I wore a uniform for 27 years so I know the dining facility is your space to unwind a few minutes," said Petruccelli, a retired Air Force colonel. "The holiday meals are so important because it is something from home that we can actually bring to the [servicemember]."

Petruccelli said Agility made every effort to provide the best food for

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**"We do this to make the [servicemembers] lives as enjoyable as possible."**

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Lenny Petruccelli  
Vice President  
Agility Defense and Government Services

troops deployed during the holidays, like whole turkeys instead of a processed substitute.

"They had everything anyone would want, except fried turkey," said Spc. Kelly M. Vanburen, a signal support specialist for 1st Sustainment Command (Theater), about the Thanksgiving meal. "They really went all out."

Brig. Gen. Harold G. Bunch, Deputy Commanding General, 1st TSC, had an opportunity to visit a few bases during Thanksgiving, and he was very pleased.

"They had sparkling ciders, eggnog, carving stations and table decorations," said Bunch. "Those involved really went above and beyond to make the Soldiers, Sailors, Airmen and Marines here feel special. I know the [servicemembers] enjoyed the extras."

The extra touches were noticed and appreciated by both the troops and the

commands, but those extra touches took time to coordinate.

"We try to deliver holiday food and decorations a couple weeks before in case there are any extra needs," said Petruccelli. "They can have a great Christmas meal, which is important to us. We do this to make the [servicemembers] lives as enjoyable as possible."

To do that Agility coordinated the extra supplies into their already heavy truck schedule, which moves 100 to 120 trucks into Iraq daily, some of which take as long as 12 days to reach their destination.

"You actually end up anticipating the holidays even though you're deployed," Vanburen said. "They make a big event out of it, and you can see how much work was put into it all."

Petruccelli feels that the effort they put in to making the troops' holidays better is worth it.

"The food is only a small part of making the holidays special for Soldiers, along with the religious services and people coming to show their support with the USO," Petruccelli said. "But the part we play we want to make sure is done as good as possible, because the troops deserve it." **A**



**Spc. Alexandra C. Bowers, 218th Medical Detachment, inspects a recently delivered pallet of Gatorade at Agility Defense and Government Services warehouse in Kuwait Dec. 4, 2008.**

Kuwait

# You're gonna get caught ...

## General Order 1B is in full effect!

Article by  
Pfc. Alicia Torbush  
20th Public Affairs Detachment

**G**eneral Order 1B is a general order issued by the commander of U.S. Central Command prohibiting certain items and actions in the CENTCOM area of responsibility. The order pertains to all Department of Defense personnel, servicemembers, civilians and contractors accompanying the force in the CENTCOM AOR, and bans all contraband that violate the laws of AOR host nations.

“The current operations and deployments place U.S. Armed Forces in countries with local laws and customs which prohibit or restrict various activities that are generally permissible in western societies,” said Robert Holmes, deputy director, Provost Marshal’s Office. “Adhering to those restrictions, upon such activities, is essential to preserving U.S. host nation relations and ensuring success of combined operations between the U.S. and friendly forces.”

Prohibited items and actions include: possession and consumption of alcohol, possession of pornography in any format, possession of personal firearms, ammunitions, explosives or illegal substances, feeding or watering stray or domestic animals, making pets of stray animals, engaging in gambling, exchanging currency for an amount other than the current exchange rate, and taking war trophies.

“GO 1B is a general order; therefore, any violation of

such is a violation of Article 92 of the Uniform Code of Military Justice,” said Capt. Gabriel Mendel, trial counsel, U.S. Army Central.

Article 92 of the UCMJ is the article concerning a violation of or a failure to obey a lawful general order or regulation.

Some contraband is being sent to DoD personnel and civilian contractors through the U.S. Postal Service from senders located outside the CENTCOM AOR.

“When the mail enters the Joint Military Mail Terminal, it is initially inspected using X-ray machines,” said Holmes. “If anything is detected when they do the X-ray screen, that package is flagged.”

The package is set aside until a search authorization can be obtained by a military magistrate to open it, said Schwade.

DoD and postal regulations prohibit any parcel or letter from being opened without proper authorization or consent from either the sender or the addressee, Schwade added.

Senders can be prosecuted based on a criminal statute governing prohibited items being sent in the mail. It is a federal misdemeanor that is punishable by up to a \$10,000 fine and a year in prison.

DoD personnel and contractors can protect themselves by notifying their families about GO 1B and the consequences, said Holmes.

“Being forthright and honest is always the right thing, and that is going to keep [servicemembers] out of trouble,” said Schwade. 

*The Rapi-Scan X-ray screening machine uses the same technology that the Transportation Security Administration uses in airports. All packages that enter theater are pre-screened for weight and scanned for contraband prior to reaching their destination. (Photo by Pfc. Howard Ketter)*



**MWR TOURS**

*Experience*  
**IKUWAIT**

**M W R T O U R S**

Please call 430-1223 or 649-8681 for information

## Just One Question ...

“What are some of your goals for the New Year?”



“To invest more money, because I am thinking about my future and retirement.”

Sgt. 1st Class Rakeeb Craig  
G4 Petroleum and Water  
Detroit, Mich.



“I have personal, professional and spiritual goals that deal with physical fitness and diet, preparing for the O5 board and spiritual devotion time.”

Maj. John Cleveland  
DLA  
Indianapolis, Ind.



“To take each day as it comes and enjoy the moment, because we tend to focus too far ahead and miss the moment.”

Maj. Tyra Sellers  
G4, FMO  
Chicago, Ill.

## Why I Serve:

Sgt. Major Kenneth Eady  
G4 sergeant major



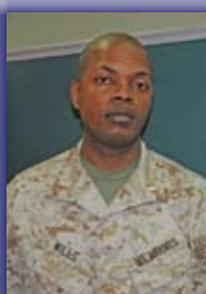
The Valdosta, Ga., native explains why he chose to join the military.

“It was a desire of mine as a young child and I had a great uncle that served in WWII who inspired me to be like him.”



“To save more money and to put a financial plan together to stay debt free and build wealth.”

Spc. Michelle Dunn  
Finance  
Harvey, La.



“I plan on continuing and building on the relationships that MARCENT-KU has established with our brothers and sisters at Arms.”

CW03 Shannon G. Wills  
MARCENT Kuwait  
Indianola, Miss.

# What's happening around USARCENT

## ***Lt. Gen. Stultz visits***

Chief of Army Reserve, Lt. Gen. Jack Stultz, conducts a reenlistment ceremony at Camp Buehring, Kuwait, Dec. 23. Stultz also visited other locations in theater to speak with Soldiers about updates and issues concerning the Army Reserves.



Photos by Spc. Elayseah Woodard-Hinton

## ***Holiday Cheer***

Dining facility personnel on Camp Arifjan, Kuwait offered servicemembers holiday cheer by decorating the DFACs on Christmas. The DFACs also provided extended hours for servicemembers to enjoy a festive holiday meal.



Zone 1 Community Center

# New Years Eve

Celebration

**WEDNESDAY**  
**31 DEC 1900 HRS**  
**ZONE 1 COM CENTER**

